



Austin/Travis County Health & Human Services

FOR IMMEDIATE RELEASE



CONTACT: Carole Barasch
Carole.barasch@austintexas.gov
512-972-6115/512-845-3041

April 14, 2016 **Free Diabetes Education Classes**

The Austin/Travis County Health and Human Services Department announces the next free Diabetes Empowerment Education Program (DEEP) series. The DEEP series includes 6 different classes, held one class per week, focusing on diabetes self-management skills and resources. Our next DEEP series begins:

April 20, 27, May 4, 11, 18, and 25, 2016
Wednesday mornings, from 10:00 to 11:30 am
The Palms on N. Lamar Apartments (in the front office computer/training room)
8600 N. Lamar, 78753

Diabetes is a serious health issue that can cause devastating complications, if not controlled. The DEEP series is provided in different community locations, for Austin and Travis County residents year-round, at no charge, and no insurance is needed. The classes are 90-minute interactive learning discussion groups that offer training in basic diabetes self-management skills. The topics for each class vary, as listed below:

- Class 1: Introduction and Overview of Diabetes
- Class 2: Diabetes Management, Monitoring, and Medications
- Class 3: Diabetes Control and Exercise
- Class 4: Diabetes Control and Nutrition
- Class 5: Preventing Complications
- Class 6: Communication, Managing Stress and Depression, Your Rights

We offer incentives, such as take-home tools for the participants, depending on the topic of that class. Other incentives we offer to encourage people to attend all of the classes include an HEB gift card (\$10 value), and a free 2-month family membership at the YMCA of Austin (\$208 value).

To register for the series upcoming series at the Palms on N. Lamar, please contact Sabrina McCarty, at 512-972-5463 or sabrina.mccarty@austintexas.gov.

To learn more about all the locations for our free DEEP classes, please contact Estephania Olivares, Diabetes Program Coordinator, at 512-972-6769 or estephania.olivares@austintexas.gov.

###